

Arizona Department of Veterans' Services Director Open Letter to Returning Veterans

Dear servicemember,

I would like to thank you for your service to our country and remind you that we stand ready to assist you.

For many servicemembers, returning from a deployment and reuniting with family is a joyous occasion. However, blending back into the routine of work and family can also present challenges and stress. Readjustment concerns of returning servicemembers may include: difficulty sleeping, troubling dreams, anger and anxiety, difficult memories, and excessive use of alcohol or drugs.

Many times these readjustment concerns will go away on their own within a few months. However, some veterans find these issues linger longer than expected or cause them to feel more dissatisfied or unhappy than anticipated. If you are having any of these concerns, seeing a counselor or someone who knows about the readjustment process will be doing yourself and your loved ones a favor and very likely spare you more complicated troubles in the future.

The Arizona Department of Veterans' Services and the U.S. Department of Veterans Affairs (VA Medical Centers and Vet Centers) are interested in helping each and every veteran who has returned home. We can assist you in getting in contact with skilled counselors who understand how to help with deployment-related stress reactions and family problems that may result. These services are free to honorably discharged veterans.

Again, thank you for your service and please use our website to contact us or give us a call at (602) 255-3373.

Sincerely,

Joey Strickland, Colonel, USA Retired
Director, Arizona Department of Veterans' Services